

Please note:

- ***This is an emerging, rapidly evolving situation and the NDDoH will provide updated information and guidance as it becomes available.***
- ***Words in ORANGE signify new content from the previous week.***

CDC KEY POINTS

- There is an ongoing [outbreak of pneumonia first identified in Wuhan, China](#), caused by a novel (new) coronavirus. The WHO named this illness COVID-19 on February 11, 2020.
- Person-to-person spread is occurring, although it's unclear how easily the virus spreads between people.
- Preliminary information suggests that older adults and people with underlying health conditions may be at increased risk for severe disease from this virus.
- Travelers to [China](#) should avoid contact with sick people, animals (alive or dead), and animal markets.
- Travelers from mainland China and Iran to the United States, and other countries, may be asked questions about their health and travel history upon arrival.
 - Goals of entry screening:
 - To identify travelers who may be at risk for infection with the novel coronavirus based on travel history and symptoms
 - To ensure that these travelers are directed to appropriate care, if needed, which will also help protect the health of all Americans.
 - To provide health messaging to travelers from Wuhan about actions to take if they develop symptoms after travel.
 - CDC staff take the temperature of each traveler from China with a hand-held non-contact thermometer (thermometers that do not touch the skin) and observe the traveler for cough or difficulty breathing.
 - If sick travelers are identified, CDC evaluates them further to determine whether they should be taken to a hospital for medical evaluation and to get care as needed. Travelers who have been in any province of China in the past two weeks are given information that includes what signs and symptoms to look out for and how to present to healthcare if symptoms develop.
- The U.S. government has taken unprecedented steps with respect to travel in response to the growing public health threat posed by this new coronavirus:
 - Effective February 2, 2020 at 5pm, the U.S. government suspended entry of foreign nationals who have been in China within the past 14 days.
 - Effective February 28th, 2020, the U.S government suspended entry of foreign nationals who had been in Iran in the last 14 days.

- U.S. citizens, residents and their immediate family members who have been in Hubei province and other parts of mainland China are allowed to enter the United States, but they are subject to health monitoring and possible quarantine for up to 14 days.
- Symptoms of patients with COVID-19 have had mild to severe respiratory illness with symptoms of **fever, cough, and shortness of breath**.
- CDC believes symptoms appear 2-14 days after exposure based on what is known about MERS.
- When person-to-person spread has occurred with MERS and SARS, it is thought to have happened via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. Spread of SARS and MERS between people has generally occurred between close contacts.
- Sustained (ongoing) person-to-person transmission in the community has been noted in several international locations, including China, Iran, Italy, Japan, and South Korea.
- During the week of February 23rd, CDC reported community spread of the SARS-CoV-2 virus in the United State (in California, Oregon, and Washington).
- Community spread in Washington resulted in the first death in the United States from COVID-19. As of March 3, 2020, there have been 11 deaths, all of which have been in Washington state.
- 164 confirmed cases in U.S., in 19 states
- The situation is evolving. This notice will be updated as more information becomes available.
- People should practice general respiratory prevention as it is cold and flu season.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces.
 - Be current on all immunizations to stay healthy, including influenza vaccine.

WHAT IS NDDoH DOING?

- The NDDoH has released four health advisories from the Centers for Disease Control and Prevention, providing updates for this situation on Jan. 18, Feb. 1, Feb.12, and March 5.
- Guidance to healthcare providers about illness presentation, diagnostic testing, infection prevention, and how to report suspect cases to the NDDoH have also been provided.
- Guidance has also been released for healthcare exposures with potential exposure to Covid-19.
- The NDDoH activated our Emergency Operations Center on Jan. 27.
- A video conference with North Dakota Universities to provided education, recommendations, and dialogue around Coronavirus was held on Jan. 29.
- News releases have been issued on Jan. 29, Jan. 31, Feb. 11, Feb 28, Mar 3, and March 4.
- The NDDoH will follow CDC guidance if there is need to monitor travelers after they have arrived in the U.S. and North Dakota is their final destination.
 - Currently, the NDDoH is monitoring **4 individuals** who have had travel to China or exposure to a confirmed case in the last 14 days. To date, the NDDoH has monitored 18 individuals.

- These individuals are voluntarily practicing social distancing, which means they're staying away from people other than immediate family members.
- During this process, the individuals will stay out of public places and will be checked on every day to monitor for illness.
- Updated information from the CDC and current NDDoH health advisories can be found on the NDDoH Covid-19 website at <https://www.health.nd.gov/coronavirus>
- The NDDoH is taking numerous calls from the public, local public health, media, and health care providers regarding COVID-19.
- The NDDoH is including COVID-19 information on social media platforms.
- NDDoH staff are participating on applicable webinars, conference calls, and media briefings regarding COVID-19.
- The NDDoH hosted a [video conference](#) for North Dakota health care providers regarding COVID-19 on Feb. 7, as well as two additional video updates on February 24th and 27th.
- Governor Burgum held a press conference regarding COVID-19 updates on March 3rd.
- The NDDoH educated childcares, schools and universities regarding student and/or employee exclusion for those individuals who meet risk criteria that requires exclusion on Feb. 6.
- The NDDoH Division of Microbiology, as of 3/3/2020, is able to conduct COVID-19 testing at our state lab.
- The NDDoH will be hosting a series of information sessions for groups such as medical providers, schools, childcares, government agencies, businesses, churches, and other community organizations groups to facilitate COVID-19 community planning and preparations.

Travel Health Notices 2/25-3/3

Level 3: Avoid Nonessential Travel

[Novel Coronavirus in China](#) January 27, 2020

[Coronavirus in South Korea](#) February 24, 2020

[Coronavirus in Italy](#) February 23, 2020

[Coronavirus in Iran](#) February 23, 2020

Level 2: Practice Enhanced Precautions

[Coronavirus in Japan](#) February 22, 2020



Level 1: Practice Usual Precautions

[Coronavirus in Hong Kong](#) February 19, 2020



CDC also recommends that all travelers reconsider cruise ship voyages into or within Asia at this time.

What travelers can do to protect themselves and others

- Avoid contact with sick people.
- Discuss travel to China or Iran with their healthcare provider. Older adults and travelers with underlying health issues may be at risk for more severe disease.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you traveled to China or Iran in the past 14 days, or on a cruise into or within Asia, and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with sick people.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.